Response to “Social Interaction.”

According to this article the author state that social interaction could be beneficial in many ways. The author hightlights, that social interaction can have an effect on people’s health. Another benefit that the author said was that social interaction can increase our mentality health, and improve mindset by learning about other people’s experiences.

First, the author said that “But they might not realize that social interaction can affect their physical health, too.” He say this idea because most people think and believe that being healthy is only an physical apparance but it also social interaction that plays an important role in our health. I totally agree with author’s point of view and studied because having a social interaction can benefit you, because when you interact with other people and have conversation you feel less stress, less Anxiety and have less of probability of having a diseases, Than people who be by themselves. I see this happening a lot in sociaety because people be having diets and exercising and having a good physical aparance but they don’t socialize with other people so they constatly feel anxious and disapointed because they doing everything they need but still don’t see change in they health.

I was in that situation when i would work out but when i comes to interact with people I would freeze which made me have a lot of complication in my life, therefore I suffered from anxiety and depression because even thought I was working out I didn’t have a interaction with other people with made an effect in my health.

Another benefit that social interaction could bring to our lives is mental health improvement. According to the author socializing can be beneficial to our metal health because we create a bond that make us feel happy and have a different mindset of life. i agree with the author because when having someone to talk to, can make you feel happy and could bring a source of satisfaction to your life because you have someone to spress yourself. I connect this with myself because I just to be alone and not having friends but one day I met someone that became my best friend and that person bring so much energy to my life and made me see the world differently. Because when you are lonely you feel that you don’t belong in this world but once she came everything change in my mind.

In addition socicil interaction can have a positive impact and effect in our minds. “When two people are having a conversation, both individuals’ minds are active.” The author refered to this idea when he explained that interaction with people can improve mindset. And I agree interacting with other people can change the way you think and could also h other people idea and experiences. Which is true in my opinion when I listen to other people conversation and experiences I learn an used it in my life. For example one day I was with my friend and she was telling me about how she alway come late to work and that she alway get an F in class because she don’t have enough time to study and with her experience I start to regulatte my time when working and attending school with her advice and experience I alway get A and almost never be

To conclude, Social interaction is really Important and should be something we do every day because it could bring positive effects in many aspects in our lives. herefer people should be also focused on having interaction with other people and not be spending all of your time alone.